

Bozeman Triathlon Athlete Instructions

General Schedule, more details below:

Saturday, June 19th

- 10:00 AM – 1:00 PM Packet Pickup, Foxtrot All Day Eatery
 - The Market Building, 730 Boardwalk Avenue, Bozeman, MT
 - You will need a current USAT member card and **ID that proves your state of residence**

Sunday, June 20th – Race Day at the Glen Lake Rotary Park

- 6:30 AM – 7:30 AM: Packet Pick Up: Covered Picnic Table (West)
- **6:30 AM – Transition Area Opens**
 - Transition Area is different than the past races, please pay attention to the bike in
 - You will have a dedicated spot in transition; assigned with your bib number on a sticker, running from north to south
 - There will be transition hosts helping you with finding your spot
 - Please do not take a spot that is not yours
- 7:50 AM - Super Sprint Triathlete Pre-race meeting
- **8:00 AM - Super Sprint/High School Championship Corral Start: A**
- 8:20 AM - Olympic Triathlete Pre-race meeting
- **8:30 AM - Olympic Corral Start: B**
- **8:31 AM - Olympic Corral Start: C**
- 8:50 AM - Sprint Pre-race meeting
- **9:00 AM - Sprint Triathlete Wave Corral: D**
- **9:01 AM - Sprint Triathlete Wave Corral: E**
- Noon - Awards

Schedule may be updated due to unforeseen circumstances

Coronavirus:

- As per the most recent guidelines:
 - When you are racing, masking up is your choice
 - If you are not fully vaccinated, please wear a mask when you cannot maintain proper social distance
 - We will have some masks/hand sanitizer on race day
- The Health Department doesn't want people lingering and congregating; the Bozeman Triathlon is trying to support this as much as possible while offering race opportunity
- The biggest thing to remember is that a pandemic is still going on. Please abide.

Packet Pickup:

- Saturday, June 19th 10:00 AM – 1:00 PM
 - The Market Building, 730 Boardwalk Avenue, Bozeman, MT
 - **USAT member card, or 1-day license and photo ID proving state residency required at pickup**
 - Athletes competing in the Montana High School Championship must show proof of high school enrollment (school ID or report card) and a photo ID
 - You have to pick up your own bag
 - **You cannot pick up someone else's bag**
 - **Please do not ask to pick up someone else's bag**
 - You will be reminded about what corral you are in
 - Remind yourself about which corral you are in
 - **You can only start in the wave you are assigned to**

In the Race Bag: (make sure to look through everything in your bag)

- **Swim Cap** – the cap you receive is required for the swim portion of the race. Thanks.
- **Race Stickers** – put the stickers on the front of your helmet and on your bike
 - Smaller sticker is for helmet
 - Larger sticker is for bike
- **Race Bib** – All athletes are required to wear race numbers at all times during the run. Race bibs must face front and be clearly visible at all times during the run. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing
- **Race Shirt**
 - If there is no race shirt in your bag, you have one coming to you. If you registered later, you may have missed the last day for us to order you a shirt that could arrive on time. If we don't have them on hand, your shirt will be mailed to you
- **Race Tats:**
 - Follow the directions
 - Put the bib number on your arms or forearms and/or thighs
 - Put your age number on your right calf (posterior)
 - Put the "O" or "S" on your left calf
 - **Reminder: Skin must be clean and free of sunscreen, oils, or make up to apply the race tats**

- **Don't have race tats in the bag???** Sorry, we will have body markers on hand for those who did not receive any
- **Raffle Prizes:**
 - We did a random draw of the race numbers and gave out some gifts from local businesses. Sorry, not everyone wins a raffle prize
- There is other promotional material in the bags.
- Please shop our sponsors as they have given a lot of time and energy for this event

Race Day Parking:

- **Please park in the parking lot at the Glen Lake Rotary Park**
- DO NOT park on Manley Road or Gallatin Park Drive
- DO NOT park in the driveway leading into the Glen Lake Rotary Park

Race Day Packet Pick Up: 6:30 – 7:30am

- **Meet at the covered picnic table (west side) in front of the beach**
- **USAT member card, or 1-day license and photo ID proving state residency required at pickup**
- Athletes competing in the Montana High School Championship must show proof of high school enrollment (school ID or report card) and a photo ID

Transition Area:

Only Bozeman Triathlon registered athletes are allowed in the transition area; you will need to have your race bib or show your body markings to get into transition area

- Opens – 6:30 AM
 - There will be a sticker or tape with your bib number on the rack; this is where your bike should be racked
 - All bar ends must be solidly plugged; we will have some bar end plugs on site; please ask
 - No participant shall bring ANY glass containers into the transition area
- Reminders
 - No riding bikes in the transition area
 - Helmets must be on your head and buckled at all times while on your bike

You can pick up your timing chips on race morning; there will be a station close to the transition area

Pre-race Meeting / Race Start

- Pre-race Meeting is Mandatory (we meet on the beach; get warmed up before this meeting)
 - Super Sprint/High School Championship Pre-race meeting: 7:50am
 - Olympic Pre-race meeting: 8:20am
 - Sprint Pre-race meeting: 8:50am

- Super Sprint/High School Championship Race Start: 8:00am
- Olympic Race Starts: Corral B: 8:30 and Corral C: 8:31am
- Sprint Race Starts: Corral D: 9:00am and Corral E: 9:01am
- **It is the athlete's responsibility to know the courses. Course maps are posted on the website:**

<http://www.bozemantriathlon.com/course-details.html>

Swim Course

- Olympic – 2 laps and Sprint – 1 lap
 - All the buoys will be on your right hand side. The only left hand turn you need to make is onto the beach while exiting the water either to run 20 meters on the beach before entering water for your second lap (Olympic racers) or to get to transition area
- Super Sprint/High School Championship - 1 lap (300 meters)
 - All the buoys will be on your right hand side. You are making two right hand turns, then heading straight toward the beach into transition area
- We will have safety boats in the water; if you are in need of assistance, please stop, raise your hand, and pump your fist in an up and down motion. A watercraft will be there quickly
 - Watercraft cannot advance you on the course if you wish to continue
- If you are new to open water swimming, please make sure you acclimate to colder water temperatures in the preceding weeks of the Bozeman Triathlon
 - **Your first time in open water should not be race day**
- If you are not feeling well during the swim, roll on to your backside and float
- In case of water temperature not meeting the USAT recommendation for full length courses, we will have an alternate course and directions will be given to athlete's during the mandatory race meeting

Bike Course

- **Headphones:** Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. This is a USAT rule! You will be penalized if you are caught.
- Course map:
 - Olympic – 2 laps: <https://ridewithgps.com/routes/26517558>
 - Sprint – 1 lap: <https://ridewithgps.com/routes/26517558>
 - Super Sprint - 1 lap: <https://ridewithgps.com/routes/34532892>
- The bike course will be marked with spray chalk/paint on the roads. The turnaround will have a candlestick cone
- We have flaggers at all of the major intersections, but **the course is open to traffic.**
- Please be hyper-vigilant at all times and especially at intersections.
- **You may need to stop at any or all intersections unless directed otherwise**

- Do not ride your bikes on the dirt path in between transition area and Manley Road. Mount and dismount in the appropriate places. The mount line is on Manley, the dismount line is on Gallatin Park Drive.
- As you ride around the south end of Gallatin Park Drive towards Manley,
 - Stay left for second lap (Olympic racers only), or
 - Stay right to dismount your bike
- Carry what you need for any bike maintenance you may require (i.e. flat tire, etc.)
 - There is no support on the bike course

Run Course

- **Headphones:** Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race
- Course Maps:
 - Olympic – 2 laps: <https://ridewithgps.com/routes/27760431>
 - Sprint – 1 lap: <https://ridewithgps.com/routes/27760431>
 - Super Sprint/High School Championship - 1 lap: <https://ridewithgps.com/routes/34532936>
- We will have volunteers on hand to assist, but you need to know the course
- While running on Boylan, stay on the sidewalk or run on the left hand side of the road; **the course is open to traffic**
- While running on Story Mill Road, stay on the sidewalk (then the shoulder) on the right hand side of the road
- **The course is open to traffic.** Please watch for cars when you cross the roads.
- There are 2 aid stations on the course. HAMMER HEED, water, and HAMMER gels will be provided.
 - #1 – is located right after you exit transition and cross the parking lot
 - #2 - is located about mile 1.5 (and again at mile 4.5 for Olympic)

Want More Rules?

<https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules/Most-Common-Rules-Violations>

Volunteers

- Please take time to thank the volunteers!
- Volunteers are important to the success of this race and we could not do it without them.

Awards

- Awards will be available at noon (earlier if we can)
- We are also hoping to have our pushup competition as well :)